



Welcome to the CACFP Meal Pattern Requirements Training!



Housekeeping



- ▶ Restroom locations
- ▶ Breaks
 - Smoking is not permitted on State owned property.
- ▶ scncacfpgeneral@education.ky.gov.

Miscellaneous

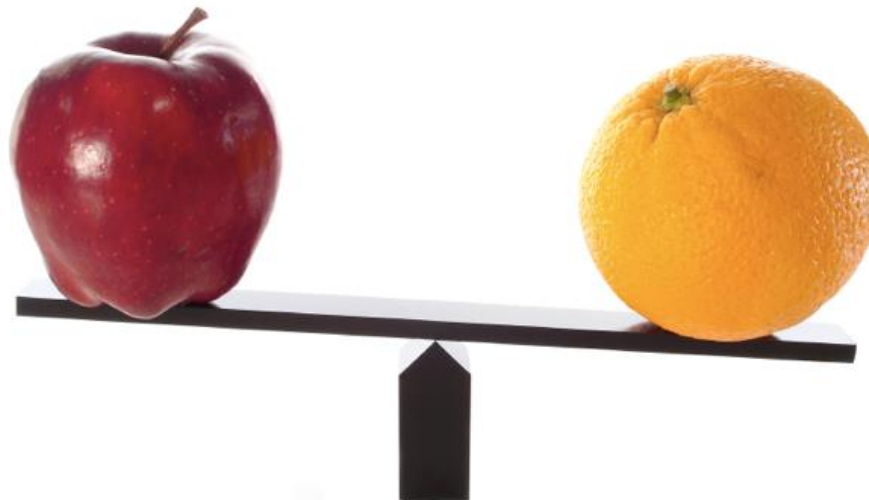
- ▶ Applications
- ▶ “Move Forward” stickers



Procurement Update

Methods of Procurement

- ▶ Micro-Purchase
- ▶ Small Purchase/Informal
- ▶ Formal



Micro-Purchasing

- ▶ Total amount for single transaction is equal to or less than \$3,500
- ▶ Must distribute equitably to qualified suppliers
- ▶ Quotes are not required



Micro-Purchase Example



- ▶ Order from U S Foods
- ▶ Dollar amount totals = May/\$3,500; June/\$2,600; July/\$3,200
- ▶ Contract not required
- ▶ To extent practicable, distribute purchases equitably among qualified suppliers

Small Purchase/Informal

- ▶ Single transaction purchases of \$3,501 to \$149,999
- ▶ Price quotes from 3 qualified sources
- ▶ Documentation of solicited sources and quotes
- ▶ Not necessary to request quote on every item ordered, but items quoted must be consistent



Formal

- ▶ Purchases and/or contracts or items purchased together totaling \$150,00 and over annually
- ▶ Invitation for Bids/Sealed Bids
- ▶ Competitive
- ▶ Seek State Agency assistance when this applies



Catering Procurement

- ▶ Change of Threshold amount
- ▶ Informal Procedure can now be used for contracts totaling under \$150,000
- ▶ Formal Procedure now used for contracts totaling over \$150,000
- ▶ If renewal option was used last year, may renew again for upcoming year

NOTE: New meal pattern changes should be addressed with caterer and considered with option to renew



CACFP in the Last 30 Years

- ▶ Source for nutritious meals and snacks for infants, children and adults
- ▶ No major meal pattern revisions until April 2016
 - *Healthy, Hunger – Free Kids Act of 2010



Why a Shift in Habits?

- ▶ Shift from essential nutrient deficiencies to chronic diseases:
 - *Hypertension
 - *Heart Disease
 - *Type 2 Diabetes
- ▶ Diets high in added sugars, saturated fats and sodium
- ▶ 75% of Americans' diets are low in vegetables, fruits and dairy
- ▶ 1 in 3 children are overweight or obese



Purpose of the Update

- ▶ Align the CACFP meal patterns with
 - Dietary Guidelines for Americans (DGA)
 - American Academy of Pediatrics
 - National Academy of Medicine
- ▶ Address the current health status of Americans
- ▶ Enhance nutritional quality of meals & snacks
- ▶ Help children develop healthy eating habits
- ▶ Safeguard wellness of adult participants



Training Overview



1

- Civil Rights & Farm to CACFP Videos

2

- Fruits & Vegetables

3

- Grains & Cereals

4

- Yogurt, Milk (Adult Information) & Tofu

5

- Meat/Meat Alternative

6

- Infants

CACFP meal pattern changes must be implemented by **October 1, 2017**



Civil Rights Training Video



Farm to CACFP Video

- ▶ There will be a video sent out via email soon!
- ▶ Please review the handout in your packet for more information on Farm to CACFP.



Vegetables & Fruits

- ▶ Most Americans do not eat enough vegetables & fruits
- ▶ They are often prepared with added salt, sugar, solid fat, & refined starch



Vegetables & Fruits: Lunch & Supper:

- The vegetable/fruit component has been separated into two components at lunch and supper



- One vegetable and one fruit must be served during lunch and supper. However...

... to increase vegetable consumption:

- ▶ The updated meal pattern allows a vegetable to be used to meet the entire fruit component for lunch and supper.
 - This means a lunch or supper can include a vegetable and a fruit, or two vegetables.
 - For example, a serving of broccoli and a serving of carrots would meet the vegetable and fruit requirement.
- ▶ The vegetable substitute must be at least the same serving size as the fruit component it replaced.

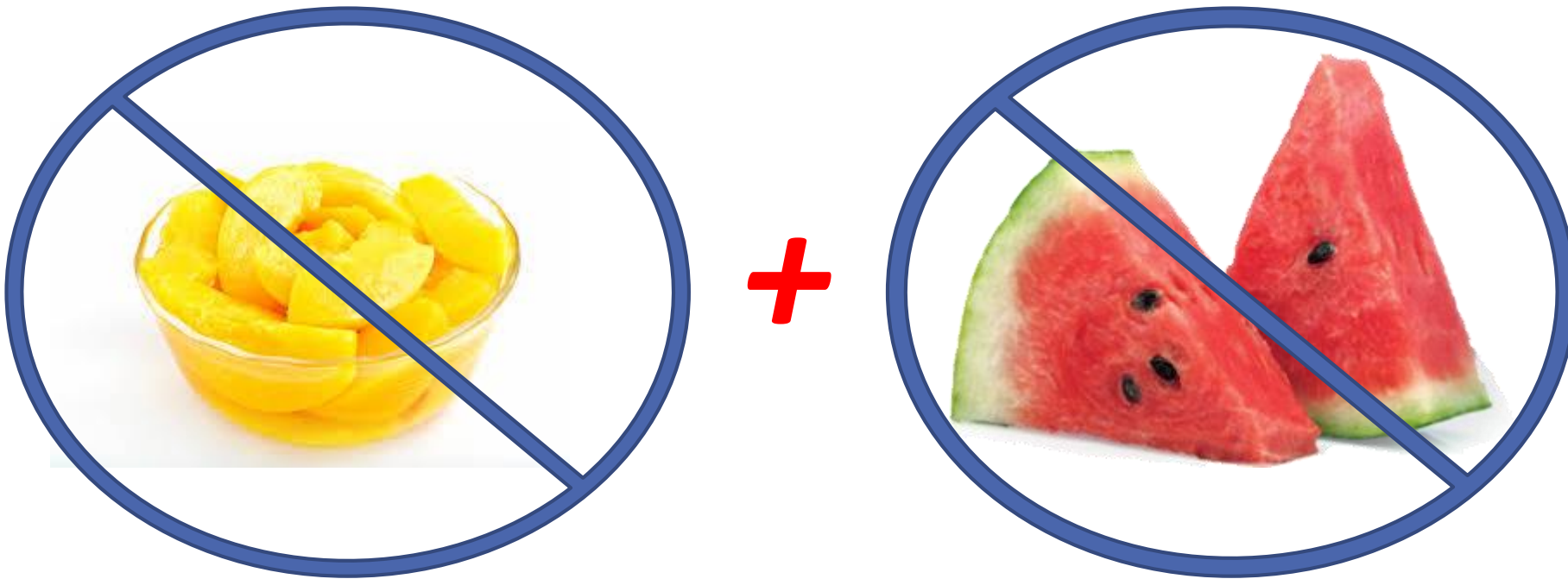




- If using this option, two different types of vegetables must be offered
 - For example, a serving of **roasted carrots** and a serving of **steamed carrots** would not credit towards a reimbursable meal because the meal only includes one type of vegetable

- The two different types of vegetables do not need to be from different vegetable sub-groups (e.g., dark green vegetables, red and orange vegetables, starchy vegetables, beans and peas (legumes), or other vegetables)
 - For example, tomatoes and carrots, which are both from the red/orange group, could be served and count towards a reimbursable meal

Serving two fruit components at lunch or supper instead of a vegetable and a fruit (or two vegetables) will no longer be creditable



Two Vegetable Types Overview

- ▶ Must offer two different types of vegetables
 - i.e., two servings of carrots would not credit
- ▶ Selection based on vegetable sub-groups is not required
- ▶ Cannot serve 2 fruits instead of vegetable and fruit or vegetable and vegetable



Vegetables & Fruits: Breakfast

- Vegetable/Fruit is still a combined component at breakfast
- Vegetables, fruits, or a combination of both may be served at breakfast to meet the fruit and vegetable component



Vegetables & Fruits: Snack

- The vegetable/fruit component has been separated into two components at snack
- A reimbursable snack may now consist of a vegetable and a fruit



Separation of Vegetable & Fruit Overview

- ▶ Breakfast: Vegetable/Fruit is still 1 food component
- ▶ Lunch & Supper: Vegetable & Fruit are now 2 food components
- ▶ Snack: Vegetable & Fruit are now 2 food components





Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅛ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruits		⅛ cup		¼ cup		¼ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents



Snack Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1oz eq	1 servings	1 oz eq

Select 2 of the 5 components for snack.
Oz eq = ounce equivalents



100% Juice

- ▶ Can be a great source of essential nutrients
- ▶ Lacks the dietary fiber found in other forms of fruits and vegetables
- ▶ Is naturally high in sugar



The updated meal pattern:

- Limits the serving of fruit or vegetable juice to one meal or snack per day for child and adult participants*



****If fruit or vegetable juice is served at more than one meal, including the snack meal, the meal containing juice with the lowest reimbursement rate will be disallowed***



Juice Blends & Purees

- ▶ Credits as a fruit component or a vegetable component depending on the ingredients:
 - Credits as the Fruit component if it has more fruits than vegetables
 - Credits as the Vegetable component if it has more vegetables than fruits
 - Smoothie Memo

https://fns-prod.azureedge.net/sites/default/files/cn/SP10_CACFP05_SFSP10-2014v3oss.pdf



Water

Effective October 1, 2017, Institutions must make water available to participant's upon request and also offer water to participant's throughout the day

USDA Memo CACFP 20-2016: *Water Availability in the Child and Adult Care Food Program*



Deep-Fat Frying

- ▶ Food submerged in hot oil or other fat: Fried chicken, French fries, etc.
- ▶ Can be dangerous: Burns & Fires
- ▶ May contribute to chronic illnesses: Obesity, Heart Disease, Stroke, Cancer





On-Site Deep-Fat Frying

- No longer allowed as a way of cooking foods on-site*
- Allowed: Stir-frying, Pan-frying and Sautéing

**Central, satellite kitchens are considered on-site. Foods that are deep-fat fried at a central, satellite kitchen and then delivered to a center or home cannot be claimed for reimbursement.*

Off-Site Deep-fat Frying

- Foods that are pre-fried, flash-fried, par-fried, or deep-fat fried by a commercial manufacturer may be purchased and served in a reimbursable meal.
- CACFP facilities that receive vended meals may claim vended meals that contain deep-fat fried foods as long as the food was prepared by the vendor off-site.
- Pre-fried items must be reheated on-site by a method other than deep-fat frying.



Deep-fried Foods Overview

- ▶ On-site deep-frying is not allowed
- ▶ On-site stir-frying, pan-frying and sautéing is allowed
- ▶ May purchase from commercial manufacturer
 - Pre-fried
 - Flash-fried
 - Par-fried
 - Deep-fat fried
- ▶ May not deep-fry food when reheating



Grains Component



Grains Overview



- ▶ At least 1 serving of grains per day must be whole grain-rich
- ▶ Whole grain-rich foods are those that contain 100% whole grains, or at least 50% whole grains and the remaining grains in the food are enriched.
- ▶ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
- ▶ Grain-based desserts (including sweet grains) no longer credit towards the grain component

Why are whole grains better for us?

- ▶ According to the 2010 Dietary Guidelines, at least half the grains consumed by all Americans over one should come from whole grains.
- ▶ Whole grains provide fiber, B vitamins, antioxidants, vitamin E, carbohydrates, protein, trace minerals and healthy fats.
- ▶ Research has shown that regular consumption of whole grains can help reduce cardiovascular disease, cancer and diabetes and support weight management.



USDA Whole Grain-Rich Criteria

- ▶ **Whole grain-rich foods are those that contain 100% whole grains, Or**
- ▶ **at least 50% whole grains and the remaining grains in the food are enriched.**
(e.g., the food is not 100% whole grain)
- ▶ **Use the ingredients list to determine if remaining grains are enriched**



Whole Grains

- Cracked Wheat
- Crushed Wheat
- Whole-Wheat Flour
- Bromated Whole-Wheat Flour
- Millet Flakes
- Whole Durum Wheat Flour
- Quinoa
- Brown Rice
- Wild Rice
- Cracked Wheat
- Bulgur
- Whole Grain Barley
- Whole-Wheat Pasta (such as Macaroni, Spaghetti or other Whole Grain Noodles)
- Rolled Oats
- Oatmeal
- Whole Corn (or Whole Grain Corn)

NOT Whole Grains

- All-Purpose Flour
- Bread Flour
- Unbleached Flour
- Cake Flour
- Corn Grits
- Degerminated Corn Meal
- Durum Flour
- Enriched Flour
- Enriched Rice
- Enriched Self-Rising Flour
- Enriched Wheat Flour
- Farina
- Long-Grain White Rice
- Pearled Barley
- Rice Flour
- Self-Rising Flour
- White Flour
- Whole Flour



Single Items

Common examples: breads & cereals



White Whole-Wheat Breadsticks



Ingredients: **WHOLE-WHEAT FLOUR**, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), graham flour, sugar, wheat gluten.

Is it Whole Grain Rich?

- First ingredient is a whole grain



Whole Grain Health Claim From FDA

- **“Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”**
or
- **“Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”**

Statements from the FDA found on packaging of food.



Whole Grain Stamps



**Basic Stamp
DOES NOT MEET FNS WHOLE
GRAIN-RICH CRITERIA**



**Basic Stamp
minimum 8g of WG**

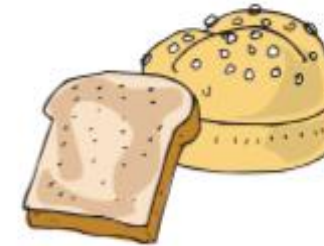
**100% Stamp
MAY MEET FNS WHOLE
GRAIN-RICH CRITERIA, BUT
NEEDS ADDITIONAL
DOCUMENTATION**



**100% Stamp – NO refined grain
minimum 16g of WG**

What Types of Grains Should I Offer?

Instead Of:	Choose Whole Grains:
White rice	Brown rice, wild rice, quinoa
White flour	Whole-wheat flour
White bread or wheat bread	100% Whole-grain bread
Noodles, pasta, spaghetti, macaroni	Whole-wheat pasta or whole-grain noodles
Flour tortillas	Whole-grain tortillas and whole-corn tortillas
Crackers	Whole-grain crackers
Degermed cornmeal	Whole-grain cornmeal



Grain-Based Desserts

They are no longer creditable towards the grain component.



Grain-based desserts are a source of added sugars and saturated fats, which contribute to an increase in chronic illnesses.



List of **SOME** Grain-Based Desserts

- Breakfast bars
- Brownies
- Cakes
- Cereal bars
- Cookies
- Doughnuts
- Granola bars
- Sweet piecrusts
- Sweet rolls
- Toaster pastries



This includes sweet grains. All grain based desserts and sweet grains may be served as additional items only.

Activity: Replacing Grain-Based Desserts



Activity Sharing: Ideas for Snacks to Replace Grain-Based Desserts



- Please work with 2-3 other sponsors to come up with ideas for snack and breakfast items that can replace Grain-Based Desserts.
- Use the small notepad we have given you in your packet or other paper.
- We will share some with the group and discuss them.

Menus & Whole Grain-Rich Foods



Document whole grain-rich foods on your menu

Examples:

- “Whole wheat” or WW bread
- “Whole grain-rich” English muffins
- English muffins WGR

Reviews & Whole Grain-Rich Foods

- Review menus, labels, & product information
- When a whole grain-rich food is not served:
 - **The meal or snack containing a grain with the lowest reimbursement will be disallowed**
 - i.e., no whole grain-rich food was served for breakfast, lunch, or snack, the snack would be disallowed



Meals & Whole Grain-Rich Foods (a reminder regarding grains)

- ▶ Each day, at least one meal or snack must include a whole grain-rich food. Choose which meal to serve the whole grain rich food.
- ▶ If a site only claims reimbursement one meal/snack per day, the grain must be whole grain-rich



A Final Reminder

Grain-based desserts **do not count** toward the grain requirement in the new meal pattern.



And...breakfast cereals must contain no more than 6 grams of sugar per dry ounce...but there is more information to come on breakfast cereals!

COMMENTS OR QUESTIONS???



Yogurt

New Requirement: Yogurt cannot contain more than 23 grams of sugar per 6 ounces.



- **Serving Size**

- Tells the number of servings in a package
- Can be measured in: ounces, cups, grams, etc.

- **Sugars or Total Sugars**

- It is the amount of sugar per serving
- The words Sugars or Total Sugars mean the same thing.

Original Label	New Label
Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8	Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)
Amount Per Serving Calories 230 Calories from Fat 72	Amount per serving Calories 230
Total Fat 8g 12%	Total Fat 8g 10%
Saturated Fat 1g 5%	Saturated Fat 1g 5%
Trans Fat 0g	Trans Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 160mg 7%	Sodium 160mg 7%
Total Carbohydrate 37g 12%	Total Carbohydrate 37g 13%
Dietary Fiber 4g 16%	Dietary Fiber 4g 14%
Sugars 12g	Total Sugars 12g
Protein 3g	Includes 10g Added Sugars 20%
	Protein 3g
Vitamin A 10%	Vitamin D 2mcg 10%
Vitamin C 8%	Calcium 260mg 20%
Calcium 20%	Iron 8mg 45%
Iron 45%	Potassium 235mg 6%
* Percent Daily Values are based on a diet of other people's secrets. Your daily value may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat Less than 65g 80g	
Sat Fat Less than 20g 25g	
Cholesterol Less than 300mg 300mg	
Sodium Less than 2,400mg 2,400mg	
Total Carbohydrate 300g 375g	
Dietary Fiber 25g 30g	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Yogurt Chart

Yogurt Sugar Limits

Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams



Example #1: Serving Size in *Ounces*

- ▶ Step 1: Find the Nutrition Facts Label on the package
- ▶ Step 2: Identify the serving size: **6 oz**
- ▶ Step 3: Find the amount for Sugars: **19 grams**

Nutrition Facts			
Serving Size 6 oz (170g)			
Servings Per Container 1			
Amount Per Serving			
Calories 140			
			% Daily Value*
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Potassium	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	22g		7%
Dietary Fiber	1g		4%
Sugars	19g		
Protein	14g		28%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Example #1: Serving Size in Ounces

Step 4: Find the Serving Size in the chart

- Serving size: 6 oz.
- Total sugars: 19 grams

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams



Nutrition Facts			
Serving Size 6 oz (170g)			
Servings Per Container 1			
Amount Per Serving			
Calories 140			
	% Daily Value*		
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Potassium 0mg	0%		
Sodium 65mg	3%		
Total Carbohydrate 22g	7%		
Dietary Fiber 1g	4%		
Sugars 19g			
Protein 14g	28%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**19 grams is between
0-23 sugar limit.**

Yes, it is creditable!



5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams

Example 2: Yogurt Chart

Yogurt Sugar Limits

Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams



Nutrition Facts	
1 servings per container	
Serving size	5.3 oz
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 11g	22%

IS IT CREDITABLE?

- ▶ 5.3 oz. with 14 g of sugar
- ▶ Since the serving size is found in the table it may be used to determine if the yogurt is creditable.
- ▶ YES! Using the table we can see that 14 g of sugar falls within the 0-20 gram limit.

5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-22 grams



Example #2: Serving Size in Grams. My Turn



Serving size:
1 container
(170g)

Sugars:
19 grams

Still within
the acceptable
range of 0-23
grams of
sugar.

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams

Example 3: Yogurt Chart

Yogurt Sugar Limits

Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams



Nutrition Facts	
Serving Size (227g)	
Servings Per Container 4	
Amount Per Serving	
Calories 220	
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 30mg	10%
Potassium 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 20g	40%

IS IT CREDITABLE?

- ▶ 227 grams with 9 grams of sugar.
- ▶ YES! 9 grams of sugar is within the 0-31 grams range.

8 ounces

227 grams

0-31 grams



Handout Exercise

- ▶ Using the handout, “Choose Yogurts that are lower in added sugars”, determine if the example provided is creditable.



Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.

1

Use the Nutrition Facts Label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.

2

Find the Sugars line. Look at the number of grams (g) next to Sugars.

3

Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		
2.25 oz.	64 g	9 g
3.5 oz.	99 g	13 g
4 oz.	113 g	15 g
5.3 oz.	150 g	20 g
6 oz.	170 g	23 g
8 oz.	227 g	31 g

4

In the table, look at the number to the right of the serving size amount, under the "Sugars" column.
If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Nutrition Facts

Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	4%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 10mg	2%
Potassium 400mg	12%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 8%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:

Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars: _____

☐ Yes ☐ No

*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.



Answer:

- Yes the Yogurt is creditable!
- 9 grams of sugar per 8 ounces is below the 31 gram limit listed on the table.

Let's look at the, "Try it Out!" handout.





Try It Out!

Use the “Sugar Limits in Yogurt” table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the “Yogurts To Serve in the CACFP” list. You can use this as a shopping list when buying yogurts to serve in your program.



Sugar Limits in Yogurt

Serving Size Ounces (oz)	Sugars Limit Grams (g) (Use when the serving size is not listed in ounces)	Sugars	Serving Size Ounces (oz)	Sugars Limit Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:			If the serving size is:		
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to “Test Yourself” activity on page 1: This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.



This table has more serving sizes listed.

Use this section help you determine if the yogurts you would like to serve are creditable.



BREAKFAST CEREALS

NO MORE THAN 6 GRAMS OF TOTAL SUGAR PER
DRY OZ.

Breakfast Cereals

- ▶ Source of added sugar
- ▶ Types: Ready-to-eat, instant, & regular hot cereal
- ▶ **Must contain no more than 6 grams of total sugar per dry oz.**



Approved Breakfast Cereal

- ▶ Choose breakfast cereal from ANY WIC Approved cereal list
 - Meets the sugar limits for CACFP
 - All WIC approved breakfast cereals contains no more than 6 grams of sugar per dry oz.

- ▶ Federal Website:
 - <http://www.fns.usda.gov/wic/wic-contacts>



WIC Approved Cereals



Breakfast Cereal

11 to 36 oz box or bag. Allowed items are only those listed.
No other sizes, flavors, or varieties are allowed.

Cereals with ★ contain 51% or more whole grain.

GF = Gluten Free

General Mills



Kellogg's



Post



Quaker



Any Store Brand or Ralston Foods Brand of the following:

- Bran Flakes ★
- Corn Crisps or Bites
- Corn Flakes
- Crisp or Crispy Rice
- Crunchy Nuggets ★
- Crunchy Oat Squares ★
- Crunchy Wheat ★
- Crunchy Wheat & Barley ★
- Frosted Shredded Wheat ★
- Frosted Strawberry Shredded Wheat ★
- Frosted Strawberry Cream Shredded Wheat ★
- Frosted Wheat ★
- Happy O's ★
- Instant Grits Original
- Instant Oatmeal Original or Regular ★
- Krunch Nutties ★
- Live Life 100% Oat Cereal ★
- Lively Oats/Live It Up! ★
- MultiGrain Flakes
- MultiGrain Medley ★
- MultiGrain Tasteos ★
- MultiGrain Toasted Cereal ★
- Nutty Nuggets ★
- Oat Cereal (square-shaped) ★
- Oat Squares/Oat Wise ★
- Original Oat Crunch ★
- Rice Crisps or Toasted Rice (no flakes)
- Rice or Corn Biscuits/Squares
- Square-Shaped Rice or Corn
- Square-Shaped Wheat ★
- Tasteos ★
- Toasted Corn
- Toasted Multi-Grain Spins ★
- Toasted Whole-Grain Oat Spins ★
- Toasted Oats or Crispy Oats ★
- Toasted Rollin' Oats ★
- Toasted Wheat ★
- Wheat Biscuits/Squares/Crisps ★
- Wheat & Crunchy ★
- Wheat Flakes

Malt-o-Meal



B & G Foods



Keep track of the cereal balance left on your WIC EBT card. Plan your cereal purchase so you are able to use all of the ounces (oz) for the month. If you buy 12, 18, 24, and 36 oz sizes of cereals, you will be more likely to use all of your cereal ounces.

Handout Exercise

- Let's look at the “Choose Breakfast Cereals That Are Lower in Added Sugars” handout.
- Use the table provided to find if the example on the page is creditable.





Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

1 Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal.

2 Find the Sugars line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

Yummy Brand Cereal

Nutrition Facts		
Serving Size 1/4 cup (30 g)		
Servings Per Container about 15		
Amount Per Serving	Cereal	with 1% cup skim milk
Calories 100	100	140
Calories from Fat 5	5	5
% Daily Value*		
Total Fat 0.5g	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 140mg	5%	9%
Potassium 90mg	3%	8%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 3g	11%	11%
Sugars 5g		
Other Carbohydrate 14g		
Protein 140mg		

Test Yourself:

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars: _____

☐ Yes ☐ No

Try It Out!



Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.



Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
8-11 grams	2 grams	55-58 grams	12 grams
12-16 grams	3 grams	59-63 grams	13 grams
17-21 grams	4 grams	64-68 grams	14 grams
22-25 grams	5 grams	69-73 grams	15 grams
26-30 grams	6 grams	74-77 grams	16 grams
31-35 grams	7 grams	78-82 grams	17 grams
36-40 grams	8 grams	83-87 grams	18 grams
41-44 grams	9 grams	88-91 grams	19 grams
45-49 grams	10 grams	92-96 grams	20 grams
50-54 grams	11 grams	97-100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams

*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal is creditable.



This section has more serving sizes listed.

This section helps you determine if the cereals you would like to serve are creditable.

Yogurt and Cereals Summary

- ▶ Yogurt cannot contain more than 23 grams of sugar per 6 ounces.
- ▶ Breakfast Cereals cannot contain more than 6 grams of total sugar per dry ounce.
- ▶ Use the tables on the Handouts!





Fluid Milk Component



One Year Olds



- ▶ **1 year olds need whole milk**
 - *Provides higher fat content
 - *Promotes healthy growth & development

- ▶ **Whole unflavored milk is required at breakfast, lunch & supper**
 - *Optional at snack

- ▶ **Serve 4 fluid ounce (1/2 cup) of unflavored whole milk**

Breastmilk Past Age One



- ▶ May be served as a fluid milk to children of any age
- ▶ Reimbursable:

If a parent/guardian provides expressed breastmilk

A mother breastfeeds her child on-site

- ▶ May be served in combination with other milk types for a reimbursable meal

i.e., mother brings $\frac{1}{4}$ cup for 1 year old, provider would supply $\frac{1}{4}$ cup whole unflavored milk for a total of $\frac{1}{2}$ cup serving. The two milks do not have to be combined in the same cup to be creditable.

Two to Five Year Olds

- ▶ Serve unflavored 1% or fat-free/skim milk
- ▶ Minimum serving sizes
 - *2 year olds
 - 4 fluid ounces or $\frac{1}{2}$ cup
 - *3-5 year olds
 - 6 fluid ounces or $\frac{3}{4}$ cup
- ▶ Flavored milk is not reimbursable



6 year olds and up

- ▶ **Serve unflavored 1% milk or fat-free/skim milk**
- ▶ **Minimum serving sizes**
 - *8 fluid ounces or 1 cup
- ▶ **Flavored milk**
 - *Served only fat-free flavored milk
 - *Adding syrup or milk powder to fat-free milk only



Adult Daycare Centers **ONLY**

- ▶ Yogurt may be served in place of milk once per day.
- ▶ A serving of milk is optional at supper.
- ▶ Flavored milk served to adults must be fat-free (skim).



Milk Substitutions

- ▶ Medical statement required when a disability requires a non-dairy beverage that is not nutritionally equivalent to cow's milk
- ▶ Reminder: This form is for all meal substitutions.

MEDICAL STATEMENT FOR PARTICIPANTS WITH SPECIAL DIETARY NEEDS

To be completed by a Parent, Guardian, or Authorized Representative		
Participant's Name:		Birth day:
Parent/Guardian/Authorized Representative name:		
Home Phone: ()		Work Phone: ()
Address:		
City:	State:	Zip:
<input type="checkbox"/> Participant has a disability or medical condition and requires a special meal or accommodation. (*Recognized Medical Authority must sign)		
<input type="checkbox"/> Participant does not have a disability, but is requesting a special meal or accommodation due to food intolerance(s) or other medical reasons. (Substitutions made at the discretion of the center.) (*Recognized Medical Authority must sign)		
<input type="checkbox"/> Participant does not have a disability, but is requesting a special accommodation for a fluid milk substitute that meets the nutrient standards for non-dairy beverages offered as milk substitutes. (Substitutions made at the discretion of the center.)		
A non-dairy beverage product must at a minimum contain the following nutrient levels per cup to qualify as an acceptable milk substitution.		
a. Calcium 276 mg	d. Vitamin D 100 IU	g. Potassium 349 mg
b. Protein 8 g	e. Magnesium 24 mg	h. Riboflavin .44 mg
c. Vitamin A 500 IU	f. Phosphorus 222 mg	i. Vitamin B-12 1.1 mcg
Foods to be omitted:		Substitutions:
<hr/> <hr/> <hr/>		<hr/> <hr/> <hr/>
Please list foods and information regarding any needed texture changes (chopped, ground, pureed, etc.):		
<hr/> <hr/> <hr/>		
Please provide any other information regarding the diet:		
<hr/> <hr/> <hr/>		

**Recognized Medical Authority: Anyone who can prescribe medication.*



Milk Substitutions are Allowed

- ▶ For non-disability medical or special dietary need a written request must be supplied to the center.
- ▶ The CACFP form may be used.

Signature of medical authority is not required if nutritionally equivalent to cow's milk



Tofu

- Made of soybeans
- Great source of protein and iron
- Forms: Silken, soft, medium firm, firm, & extra firm
- Available in a variety of meat substitutes



Using Tofu

- ▶ Credits as a meat/meat alternative for child & adult meals

- *Does not credit toward reimbursable meals for infants

- ▶ Must be commercially prepared tofu

- ▶ Must be easily recognized as a meat substitute

- *Creditable – Tofu sausage

- *Not Creditable – Tofu noodles



Using Tofu Continued...

- ▶ **Must meet protein requirement**
 - *5 grams of protein per 2.2 ounces (1/4) by weight
- ▶ **Request a Child Nutrition Label or Product Formulation Statement if preparing a combination dish**



Meat/Meat Alternates Overview

- ▶ Tofu credits as a meat alternate.
- ▶ Yogurt, including soy yogurt, credits as a meat alternate.



Other Meat/Meat Alternates

- ▶ Nuts and seeds
- ▶ Dry beans and peas
- ▶ Eggs
- ▶ Cheeses



Meat/Meat Alternate Substitution for Grain at Breakfast.

- ▶ A meat or meat alternate may now be served in place of the entire grains component at breakfast a maximum of 3 times per week.



Crediting Guidelines

- ▶ Serving meat/meat alternate in place of grains:
 - 1 oz. of meat/alternate credits as 1 serving of grains

	Children 1-2 Year Olds	Children 3-5 Year Olds	Children 6-12 and 13-18 Year Olds	Adults
Milk	4 oz unflavored whole milk for 1 year olds & low-fat milk for 2 year olds	6 oz unflavored fat-free milk	8 oz unflavored fat-free milk	8 oz unflavored low-fat milk
Vegetables and/or fruit	¼ cup cut-up apple	½ cup berries	½ cup banana slices	¼ cup melon ¼ cup tomato
Grains (substituted with a meat/meat alternate)	½ ounce cheddar cheese (½ oz eq meat alternate = ½ serving grains)	2 oz yogurt (½ oz eq meat alternate = ½ serving grains)	2 tbsp peanut butter (1 oz eq = 1 serving grains)	1 large egg (2 oz eq meat alternate = 2 servings grains)



A Special Thank You to ICN

Institute of Child Nutrition

Telephone: (800) 321-3054

Website: www.theicn.org

E-Mail: Helpdesk@theicn.org



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Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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New Infant Meal Pattern



July 2017

Infant Feeding Overview

- ▶ Breastfeeding changes and serving formula
- ▶ Developmentally appropriate meals and developmental readiness
- ▶ More nutritious meals
- ▶ Updated meal pattern requirements
- ▶ Feeding infants reminders



Breastfeeding Changes

- ▶ Providers may now receive reimbursement for meals when a breastfeeding mother comes to the child care setting and directly breastfeeds her infant.
- ▶ Serving expressed breastmilk provided by the parent to the infant is still creditable.





**Encourage
breastfeeding by
offering a quiet,
private area that is
comfortable and
sanitary for mothers
who come to the
center or day care
home to breastfeed**



Serving Expressed Milk

- ▶ There may be times when an infant does not consume the entire serving.
 - Reimbursable:
 - ✓ Offer less than the minimum serving size of breastmilk
 - ✓ Offer additional breastmilk later, if infant will consume more



Creditable Infant Formula

- ▶ When purchasing infant formula, it must meet the criteria for a reimbursable meal:
 - State “Infant Formula with Iron” or a similar statement on the front of the package.
 - List 1 milligram of iron per 100 calories on the Nutrition Facts Label.
 - Not be a FDA Exempt Infant Formula.

*Centers are only required to select and purchase one brand of formula, but you are welcome to accommodate the parents’ choice.



Serving Formula

- ▶ Infants may not drink the entire serving of formula
 - Reimbursable as long as the minimum serving size is offered.



Developmentally Appropriate Meals

► There are now only 2 age groups instead of 3.

- Birth through the end of 5 months
- 6 months through the end of 11 months



► Solid foods are gradually introduced around 6 months, as developmentally appropriate.



Infant Meal Pattern Age Groups

▶ PREVIOUS

Birth-3 months

4-7 months

8-11 months



▶ UPDATED

Birth-5 months

6-11 months

What are the advantages to having 2 age groups instead of 3?



Developmental Readiness

- ▶ Serve solid foods to infants when they are developmentally ready, usually around 6 months.
- ▶ Introducing solid foods to infants too early could:
 - Cause choking
 - Cause babies to consume less breastmilk or formula and not get enough essential nutrients for proper growth and development



When is a baby developmentally ready?

- ▶ An infants' readiness depends on his or her rate of development.
- ▶ The American Academy of Pediatrics (AAP) has the following guidelines to determine when an infant is developmentally ready for solids:
 - Sits in chair with good head control
 - Opens mouth for food
 - Moves food from a spoon into throat
 - Doubles in birth weight



Communication with Parents

- ▶ It is important to maintain constant communication with the parents of infants about when and what solid foods should be served while the infant is at your center.
- ▶ Optional Written Statement: Request a written statement from parents outlining when and which solid foods to serve.



Introducing Solid Foods

- ▶ Gradually introduce solid foods one at a time and over the course of a few days.
- ▶ Prepare foods in the right texture and consistency.
- ▶ Observe infants closely for reactions after feeding a new food.



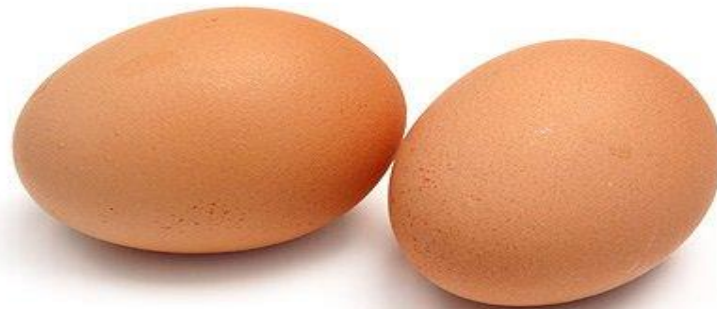
More Nutritious Meals

- ▶ Requires a vegetable or fruit, or both, to be served at meals and snack for infants 6 through 11 months.
- ▶ No longer allows juice, cheese food or cheese spread to be served.
- ▶ Allows ready-to-eat cereals for snack only (Must contain no more than 6 grams of sugar per dry ounce)



Other Changes

- ▶ Whole eggs are now creditable for infant meals.
- ▶ Ready-to-eat breakfast cereals can be served at snack only. They must contain no more than 6 grams of sugar per dry oz.



Yogurt

- ▶ Yogurt is included in the meat/meat alternate category that can be given to infants.
- ▶ The minimum serving size is 0-4 oz.
- ▶ Can be served during breakfast, lunch, or supper.
- ▶ Must contain no more than 23 grams of sugar per 6 oz.



Updated Meal Pattern Requirements

► Infant Meal Pattern: Breakfast



Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk or formula	6-8 fluid ounces breastmilk or formula 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; <i>or</i> 0-2 ounces of cheese; <i>or</i> 0-4 ounces of cottage cheese; <i>or</i> 0-4 ounces or ½ cup of yogurt; <i>or</i> a combination of the above; <i>and</i> 0-2 tablespoons vegetable or fruit or a combination of both

Updated Meal Pattern Requirements

- ▶ Infant Meal Pattern: Lunch and Supper (same as breakfast)



Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk or formula	6-8 fluid ounces breastmilk or formula 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; <i>or</i> 0-2 ounces of cheese; <i>or</i> 0-4 ounces of cottage cheese; <i>or</i> 0-4 ounces or ½ cup of yogurt; <i>or</i> a combination of the above; <i>and</i> 0-2 tablespoons vegetable or fruit or a combination of both

Updated Meal Pattern Requirements

► Infant Meal Pattern: Snack



Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk or formula	2-4 fluid ounces breastmilk or formula; and 0- ½ slice bread; or 0-2 crackers; or 0-4 tablespoons infant cereal or Ready-to-eat breakfast cereal; and 0-2 tablespoons vegetable or fruit or a combination of both

**Parents may provide only one creditable food component for a reimbursable meal.*

**Child care providers must provide remaining components.*

Examples:

- Mother could breastfeed on site for all age groups for each meal.*
- For group 6-11 months, parent can provide 1 component and center must provide all other components for reimbursable meal.*



Feeding Infants Reminders

- ▶ Babies should be fed when they are hungry, not by a strict schedule.
- ▶ Do not force babies to finish bottles or containers of food.
- ▶ Do not leave a baby alone with food or a bottle.
- ▶ Make sure babies are sitting upright to eat.





Documentation Needed For Infants

► Receipts that show formula and baby food was purchased

► Infant Addendum

- Daycare name
- Formula purchased
- Signed by Director
- Infant name and birthday
- Check what applies
- Parent signature and date

INFANT ADDENDUM TO ENROLLMENT

Dear Parent:

This child care center participates in the USDA Child & Adult Care Food Program (CACFP). This program provides reimbursement to the center for creditable components served to your baby while in our care. We want to work with you to provide the very best nutritional care for your baby. Under the CACFP regulations, the center may NOT charge you a separate fee for meals that are claimed for reimbursement.

We use the meal pattern below, which was developed by the USDA for centers participating in the CACFP. The type and amount of foods served vary according to the age of the infant. However, the actual foods we provide will be based on what you tell us about your baby's own food needs.

Age	Breakfast	Lunch and Supper	Snack
Birth through 5 months	4-6 fluid ounces formula or breast milk	4-6 fluid ounces formula or breast milk	2-4 fluid ounces formula or breast milk
6-11 months	6-8 fluid ounces formula or breast milk 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-3 ounces or 1 cup of yogurt; or a combination of the above 0-2 tablespoons vegetable or fruit ² or a combination of both	6-8 fluid ounces formula or breast milk 0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-3 ounces or 1 cup of yogurt; or a combination of the above 0-2 tablespoons vegetable or fruit ² or a combination of both	2-4 fluid ounces formula or breast milk 0-1/2 slice bread or 0-2 crackers or 0-2 crackers; or 0-4 tablespoons infant cereal or ready-to-eat breakfast cereal 0-2 tablespoons vegetable or fruit, or a combination of both

Talk with your health care provider and let us know whether you want to use breast milk or a formula while your child is in the center's care. We also need to know when you will introduce solid foods to your infant. You may choose for us to provide the formula, or you may provide the formula for your infant.

(Name of Daycare Center)

currently provides the following formula(s): _____

Please fill out the form below and return it to help us plan the meals for your infant. If this information changes, you will need to complete a new form.

Sincerely,

Sponsor Representative

Phone Number

Date

MUST BE COMPLETED BY PARENT/GUARDIAN

Infant Name _____	Infant Birthdate ____/____/____
Check all that apply:	
<input type="checkbox"/> Parent will breast-feed the infant at the day care center	
<input type="checkbox"/> Parent will provide expressed breast milk	
<input type="checkbox"/> Parent will provide iron fortified formula/breast milk and Center will provide additional baby food	
<input type="checkbox"/> Parent will provide iron fortified formula/breast milk and additional baby food.	
<input type="checkbox"/> Center will furnish all iron fortified infant formula	
<input type="checkbox"/> Center will furnish all iron fortified infant formula and additional baby food	
_____ Parent/Guardian and/or Client Signature	_____ Date

*7 CFR 226.20(b)(5)



Documentation Needed For Infants

- ▶ CACFP Enrollment Form/Income Application
- ▶ Infant Menus posted
- ▶ Daily Meal Counts Recorded on Record of Meals Served Form 17-9



New Infant Menu

Name of Child Care Provider: _____

Standard Infant Menu

Iron-fortified infant formula: _____

Birth to 5 Months
Breakfast, Lunch or Supper, and Snack: 4-6 fluid ounces breastmilk ¹ or formula ² <i>(Required)</i>
6 to 11 Months
Breakfast: 6-8 fluid ounces breastmilk ¹ or formula ² <i>(Required)</i> 0-4 tablespoons infant cereal ^{2,3} ; meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-8 ounces of 1 cup of yogurt ⁴ ; or a combination of the above ⁵ 0-2 tablespoons vegetable or fruit ⁶ or a combination of both ^{5,6}
Lunch or Supper 6-8 fluid ounces breastmilk ¹ or formula ² <i>(Required)</i> 0-4 tablespoons infant cereal ^{2,3} ; meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-8 ounces or 1 cup of yogurt ⁴ ; or a combination of the above ⁵ 0-2 tablespoons vegetable or fruit ⁶ or a combination of both ^{5,6}
Snack: 2-4 fluid ounces breastmilk ¹ or formula ² <i>(Required)</i> 0-½ slice bread ^{7,8} ; or 0-2 crackers ^{7,9} ; or 0-4 tablespoons infant cereal ^{2,3,7} or ready-to-eat breakfast cereal ^{2,4,7,8} 0-2 tablespoons vegetable or fruit, or a combination of both ^{5,6}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

7 CFR 226.20(b)(5)



Infant Foods

- ▶ Prepackaged fruit or vegetable
- ▶ Any brand Iron Fortified Infant Cereal without fruit (Dry, not wet)
- ▶ Whole fruits/vegetables that you prepare and modify according to the development of the child
- ▶ Baby foods are creditable that are not combinations (Chicken and Noodles, Turkey and Vegetables are not creditable)
- ▶ Hot dogs and fish sticks are not creditable for infants
- ▶ Meat, poultry, yogurt, whole eggs, dry beans
- ▶ Cottage cheese, shredded or sliced Swiss, Colby and Monterey Jack
- ▶ Breads, crackers, ready-to-eat cereals (for snacks only)



In conclusion...

- ▶ Talk with the people at your table and discuss what some of the biggest changes are to the infant meal pattern and how it is going to affect your center.



Thank You for your active role in feeding Kentucky's children and adults



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Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

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